

2010

ALTONA PRIMARY SCHOOLS SWIMMING CARNIVAL

FRIDAY 19TH MARCH 2010



***ORGANISED & CONDUCTED BY THE ALTONA SWIMMING CLUB
IN CONJUNCTION WITH THE BAYSIDE FESTIVAL
CONDUCTED UNDER OFFICIAL RULES OF SWIMMING VICTORIA***

Program & Procedures

Program

1. BOYS 7 YEARS AND UNDER 25m FREESTYLE
2. GIRLS 7 YEARS AND UNDER 25m FREESTYLE
3. BOYS 8 YEARS ONLY 25m FREESTYLE
4. GIRLS 8 YEARS ONLY 25m FREESTYLE
5. BOYS 9 YEARS ONLY 25m FREESTYLE
6. GIRLS 9 YEARS ONLY 25m FREESTYLE
7. BOYS 10 YEARS AND UNDER 50m FREESTYLE
8. GIRLS 10 YEARS AND UNDER 50m FREESTYLE
9. BOYS 11 YEARS AND OVER 50m FREESTYLE
10. GIRLS 11 YEARS AND OVER 50m FREESTYLE

DEMONSTRATION SWIM OF MEDLEY HANDICAP RELAY

11. SCHOOLS 4 X 50 MEDLEY RELAY OPEN AGE
12. SCHOOLS 4 X 25m FREESTYLE RELAY 9 YEARS AND UNDER
13. SCHOOLS 4 X 25 BACKSTROKE RELAY - OPEN AGE
14. SCHOOLS 4 X 50 FREESTYLE RELAY - OPEN AGE

Procedures

- The carnival will commence at 7:15, Friday 19th March 2010.
- The carnival will be held at the Bayfit Leisure Centre, Mason St Altona North and entry is made only via the main entrance.
- The pool will be cleared prior to the commencement of the carnival.
- Events will be conducted on a "time trial basis". This means that there will be no finals. The fastest six (6) swimmers from each event will be awarded medals for 1st, 2nd & 3rd and ribbons for 4th, 5th & 6th places.
- Presentations will be made continuously throughout the night.
- For all schools taking part in the carnival **two** school representatives must be nominated 15 minutes prior to the start of the carnival. One of whom will liaise with Altona Swimming Club officials. A nomination form and more information will be available at the Announcements Table. Representatives will be required to assist in the running of the carnival and must report to an Altona Swimming Club official prior to the start of the meet.
- All queries must be directed to their relevant school representative in charge of liaising with Altona Swimming Club officials.

ENTRY IS MADE AT THE COMPETITORS OWN RISK. THE BAYSIDE FESTIVAL AND/OR THE ALTONA SWIMMING CLUB Inc. ARE NOT LIABLE FOR ANY INJURY SUFFERED DURING OR INCIDENTAL TO THE MEET.

Point Scoring System

Every child who enters and swims, will receive one (1) point for their school. Any Altona Swimming Club member not competing for their school, will not be included in point scoring, and the points will be awarded to the next eligible swimmer. Altona Swimming Club members are still entitled to receive medals and ribbons as placed.

Points will be awarded for each place as set out below:

- 1st - 10 points
- 2nd - 7 points
- 3rd - 5 points
- 4th - 3 points
- 5th - 2 points
- 6th - 1 point

An example of the point scoring system is shown below:

- | | | | |
|------|---|-----------------------------|------------|
| 1st | - | Altona Swimming Club member | NIL points |
| 2nd | - | School swimmer | 10 points |
| 3rd | - | School swimmer | 7 points |
| 4th | - | Altona Swimming Club member | NIL points |
| 5th | - | School swimmer | 5 points |
| etc. | | | |

So, a swimmer from your school could even come 10th and still be awarded points for your school.

Conditions of Entry

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Eligibility

The competition is open to:

1. Students from the following schools:
ALTONA COLLEGE
ALTONA GATE PRIMARY SCHOOL
ALTONA GREEN PRIMARY SCHOOL
ALTONA MEADOWS PRIMARY SCHOOL
ALTONA NORTH PRIMARY SCHOOL
ALTONA PRIMARY SCHOOL
EASTONA PARK PRIMARY SCHOOL
QUEEN OF PEACE PARISH PRIMARY SCHOOL
SEAHOLME PRIMARY SCHOOL
ST LEO THE GREAT PRIMARY SCHOOL
ST MARY'S PRIMARY SCHOOL ALTONA
2. Residents from the following suburbs:
ALTONA
ALTONA EAST
ALTONA GATE
ALTONA MEADOWS
ALTONA NORTH
SEAHOLME
3. Members of the Altona Swimming Club

Age

The age of the competitor must be stated on the entry form and is to be the actual age on 19th March 2010.

Entry

Competitors may enter only one individual event. Schools may enter up to two relay teams per event. Schools must nominate their 'A' team as this will be the only team eligible for points. All other teams are only eligible for medals and ribbons.

Entries will only be accepted on the official entry form (attached) and must be forwarded with the official Master Sheet including school stamp (obtainable from Principal or Sports Co-ordinator) by no later than **4:00pm Friday 5th March 2010** to:

ALTONA SWIMMING CLUB Inc.
PO BOX 427
Altona VIC 3018

ENTRIES LEFT AT THE BAYFIT LEISURE CENTRE WILL NOT BE ACCEPTED
LATE ENTRIES WILL NOT BE ACCEPTED

Rules and Regulations

The following rules and regulations which have been established must be adhered to otherwise swimmers will be disqualified. This carnival will be adjudicated to Swimming Victoria Rules. Areas considered important are detailed below. All queries should be referred through the school representatives.

Two-Start Rule

All races will be conducted using a two-start rule. By definition, the two-start rule states that each race will consist of a maximum of two attempts to start the race without any false starts. For example: If the swimmer in lane 1 false starts during the first attempt, the race will be restarted and lane 1 will not be disqualified. Any swimmer false starting in the second attempt to start the race will be disqualified.

General Race Rules

1. Pulling on the lane ropes is not permitted.
2. Contact with the bottom of the pool in freestyle is permitted except the swimmer must not walk.

4x25m Relays

1. The first and third swimmers have the option of starting in the water or via the diving blocks except in the case of point 3.
2. The second and fourth swimmer must start in the water.
3. In the 4x25m Backstroke relay, the first, second and fourth swimmer **MUST** start in the water, while the third swimmer has the option of starting in the water or diving from the starting blocks.

4x50m Relays

1. All swimmers have the option of starting in the water or diving from the starting blocks, except in the case of point 2.
2. In the 4x50m Backstroke relay, the first swimmer **MUST** start in the water on their back, the second, third and fourth swimmers have the option of starting in the water or diving from the starting blocks.

Backstroke

1. Swimmers must not turn over onto their front and kick.
2. Swimmers must finish on their back.
3. Swimmers must start the race in the water. No dives are allowed for backstroke in individual races.
4. Where allowed (relays), if swimmers dive into the pool, they must roll onto their back before kicking/stroking and must surface the water on their back.

Rules and Regulations

Breastroke

Swimmers must adhere to the following rules for breaststroke:

1. Swimmers must touch the wall with two hands at the end of each lap.
2. Swimmers have the option of diving from the starting blocks, or in the water.

Butterfly

Swimmers must adhere to the following rules for butterfly:

1. Swimmers must touch the wall with two hands at the end of each lap.
2. Swimmers have the option of diving from the starting blocks, or in the water.
3. Swimmers must kick two legs simultaneously

Medley Relay Stroke Order

Swimmers must swim medley relays in this order:

- | | |
|-------------|--------------|
| 1st swimmer | - Backstroke |
| 2nd swimmer | - Breastroke |
| 3rd swimmer | - Butterfly |
| 4th swimmer | - Freestyle |

NOTE:

The Referee's decision is final and no correspondance will be entered into.

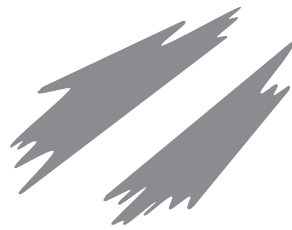
**IT IS RECOMMENDED THAT ALL PARTICIPANTS AND CO-ORDINATORS VISIT THE
ALTONA SWIMMING CLUB WEBSITE FOR MORE INFORMATION ON THE EVENT
www.altonaswimmingclub.org (follow the links)
bayside@altonaswimmingclub.org**



WE WISH TO THANK THE FOLLOWING



ALL PARENTS AND PARTICIPATING CHILDREN



ALTONA SWIMMING CLUB INCORPORATED

ABN 48 790 050 178
ESTABLISHED IN 1968